

USING THE OVEN

Roasting joints

- Allow all joints to sit at room temperature for at least 1 hour before roasting. Remove any excess fat to prevent smoke and smells.
- Wherever possible use earthenware rather than glass dishes (less spitting) big enough to contain the joint easily.
- Do not sprinkle with salt before cooking as this dries the meat out.
- Add a few tbsps of warm water to the roasting dish to prevent the juices burning.
- After removing from the oven, wrap the joint in kitchen foil and leave to recover for 10 to 15 mins. The meat will be more succulent and tender and a more uniform colour.
- **Grilling meat:** Drizzle with a thin layer of oil. Avoid pricking red meat. Use a spatula or tongs to turn over.
- Prick poultry skin under the wings so the juices can run out without spitting.

Baking cakes

● Choosing your cake tin:

Avoid bright shiny tins:

- They require longer cooking times.
- The oven has to be pre-heated.

Use **non-stick tins** for flans, pies and quiches. These give a crisper golden pastry on the base.

● Tip:

Even if your tins are non-stick, use **baking parchment** to protect them. This makes it easier to turn flans etc. out. Use it also to line enamelled tins to protect the coating from fruit acids. Always add yeast last and avoid contact with salt, which will destroy the yeast's properties.

When you use the fan feature we recommend that you reduce cooking temperatures by 30-50°C compared with a conventional oven and extend the cooking time by 5 to 10 minutes.

Cooking vegetables

- When preparing a dish topped with layered potatoes, pre-cook the sliced potatoes in water or milk.
- To peel peppers, place them under a hot grill turning frequently until the skin bubbles. Pop into a plastic bag for a few minutes and the skin will peel away easily.
- When stuffing tomatoes, slice off one end and scoop out the pulp and pips. Salt the inside and leave to drain on a grid before stuffing.
- Drain cooked leeks and chicory thoroughly before coating with a sauce (ham or béchamel) otherwise the cooking liquid will water down the sauce.
- Mix grated cheese with breadcrumbs for a topping that is brown and crispy.

- When cooking times are long, turn the oven off 5 to 10 minutes before the end and use the residual heat to finish the dish.

(Depending on model)

Cooking on 3 levels with



Cooking on 2 levels with



or



PRE-HEAT THE OVEN BEFORE COOKING THE DISH

- Several dishes (similar or different) can be cooked at the same time without any contamination of smell or taste, provided they require the same temperature. The dishes cooked can require different lengths of cooking. The cooking times shown in the table for each dish should be extended by 10 to 20 minutes.

